



CITY OF JANESVILLE
Wisconsin's Park Place

FREE



THE CARNEGIE CONNECTION

JANESVILLE SENIOR ACTIVITY CENTER MARCH 2022



Welcome to March,

Warm weather is just around the corner and we are sure everyone is looking forward to its arrival.

COVID numbers are looking better and the mask requirements may soon change. Currently, we are still requiring them and want to remind all of you to wear your face masks properly (covering your nose and mouth) and if you are not feeling well to please stay home.

Also, please note that Choristers are still looking for people to join them. If you like to sing, give us a call.

Please feel free to talk to Linda or Janet, if you have any questions or call the office at 755-3040.

Janet & Linda



The "Action Place"



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The Janesville Senior Activity Center offers recreational and educational activities including creative arts, advocacy, fellowship, leadership and health and wellness programs to people age 50 and better.



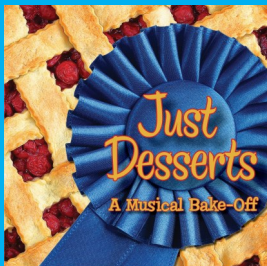
"HILARIOUS! NONSTOP PANDEMONIUM!"

THE PLAY THAT GOES
WRONG



MARCH TRIP

WHEN: Wednesday, March 9
WHERE: Circa 21 Dinner Playhouse
Rock Island, IL
TIME: Leave: 9:00 A.M.
Return: 8:30 P.M.
(time subject to traffic or weather)
COST: \$88 Members, \$98 Non-members



APRIL TRIP

WHEN: Wednesday, April 6
WHERE: Circa 21 Dinner Playhouse
Rock Island, IL
TIME: Leave: 9:00 A.M.
Return: 8:30 P.M.
(time subject to traffic or weather)
COST: \$88 Members, \$98 Non-members
Departs from the Ice Arena

Reservations and payment due by Thursday,
March 3.

NO MAY TRIP HAS BEEN SCHEDULED



JUNE TRIP

WHEN: Wednesday, June 1
WHERE: Clauson Family Music Show
The Music of Patsy Cline
TIME: Leave: 10:15 A.M.
Return: 5:45 P.M.
(time subject to traffic or weather)
COST: \$ 83 Members, \$ 93 Non-members
Departs from the Ice Arena

An afternoon of spectacular entertainment awaits you at the Clauson Family Music Show. This show features The Music of Patsy Cline. Enjoy the music of one of country music's most beloved ladies!

Before we enjoy the music of Patsy, we will enjoy a fabulous buffet lunch. The meal will feature three entrees - chicken, beef and pork along with other delicious sides. The meal is made fresh right there in their kitchen.

This is sure to be a fun day and one you won't want to miss.

Reservations and payment due by Thursday,
April 28.





NEW FOR 2022 "Utah's Mighty National Parks"

TRAVEL PREVIEWS: Tuesday, March 29 at 6:00p.m.
Wednesday, April 6 at 3:00 p.m.
Hosted By: Premier World Discovery
Date of the Trip: September 22-28, 2022



This 7-day tour is a brand new destination for Premier. Highlights of the trip include Grand Junction Colorado, Scenic Byway 128, Colorado River Cruise, Canyonlands National Monument, Monument Valley, Arches National Park, 5 Night Stay in Moab Utah.

Included in the price: 6 nights at a first class hotel, 10 meals, tour director, hotel per itinerary, baggage handling at hotel.

The "River City" extends a warm welcome as your gateway to an in-depth encounter to explore Utah's National Parks. Depart Grand Junction for Moab Utah stopping to see the Colorado National Monument along the Rim Rock drive. Travel along scenic byway 128 referred to locals as the River Road and one of the most beautiful and breathtaking drives imaginable. Travel through canyons carved by the mesas, incredible rock formations, beautiful ranch resorts, painted canyons and enough red rock to overload the senses. Check into your hotel in Moab and unpack for a 5-night stay. Enjoy a Colorado River Cruise in a covered boat to an amazing part of this area. Cruise down the river offering views of 2,000 plus foot canyon walls towering above. Your cruise offers wonderful views of Moab arches, Indian petroglyphs and more. Other sites: Dead Horse Point State Park towering high above the Colorado River offering breathtaking views of canyon country and the snaking Colorado River. Monument Valley Navajo Tribal area offering vistas of stunning rock formations, Monument Valley the most filmed area in the west. Goulding Lodge to visit the Museum & Trading Post, a movie set from a John Wayne film, tour with a Navajo guide aboard a 4-wheel vehicle. Visit Red Cliffs Lodge offering a ranch-like experience amid western charm nestled high on the banks of the Colorado River. Enjoy Wine tasting at the Castle Creek Winery and a Cowboy cookout Farewell Dinner.

Price is per person, double occupancy for \$3,149. This price includes air fare, hotel and what's in the itinerary. Make final payment prior to the final payment date and receive a discount of \$200 per person! Brochures are available with complete itinerary. Please register for one of the travel previews so we know how many will be attending. Contact the office at 608-755-3040 to register or if you have any other questions.



TREE OF WARMTH

The tree of warmth has been collecting lots of hats, mittens, socks and scarves. We have donated over **233** items so far. We will continue collecting new items that have been purchased or handmade until March. Thank you to everyone who has donated so far.



Laughter Is Good For The Soul



Check out our Facebook page
<https://www.facebook.com/Janesville-Senior-Ceter1405450869685399/>



Find us on:
facebook



Please Remember

- ♦ **Masks are required. *No food is allowed. *No coffee or drinking fountains are available.**
- ♦ ***Clean your area when done. *If you feel sick, please stay home.**
- ♦ **WE APPRECIATE YOUR COOPERATION!**



MEMBERSHIP DRIVE Get A New Member To Join In March

Everyone who gets a new member to join in March will have their name go into a drawing for a chance to win a fun prize. That's not all, everyone that gets a new member will get a special local surprise in April.



Ask a Friend to
Join Today!

New Member is someone who has not been a member in the last 2 years.

Janesville Senior Activity Center

Membership Drive 2022

DO NOT FORGET TO RENEW YOUR MEMBERSHIP AT THE JANESVILLE SENIOR ACTIVITY CENTER. MEMBERSHIP IS ONLY \$25.00 ANNUALLY.



Front Desk Volunteers Needed

We are looking for people that are willing to be trained and act as a substitute at the front desk. Duties include: answering the phone, taking reservations, greeting members and guests, writing receipts etc...

If you are interested in joining this group of volunteers give Linda or Janet a call at 755-3040. Plenty of training is provided. Thanks for your consideration!





Join The Book Club

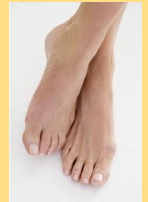
WHEN: Monday, March 14
WHERE: Sr. Center—Hearth Room
TIME: 11:00 AM

The Book Club has selected "Iron Lake" by William Kent Krueger to discuss at the March meeting. Please call the Senior Center at 755-3040, if you need a book, plan to attend or if you have any questions.



Joyful Toes—Foot and Toenail Care

Dates: Wednesdays, March 23, April 27, May 25
Times: By appointments only from 9:00 a.m. to Noon
Cost : \$30 (Payment is by cash only and paid to the receptionist)



♦ **Each client will need to bring a clean bath towel to use.**

Registered nurse Deb Scullin has been providing toenail care for seniors for 4 years. She has been a registered nurse for over 30 years. She is also a certified Diabetes Educator. The foot clinic will include soaking feet in warm water, rinse and dry, clip, file and lotion massage. **She will not be doing any nail dremelling. Do not arrive more than 10 minutes prior to your appointment.**

Call the Senior Center at 755-3040 to make your appointments.
This service is offered to members and non-members.

Dulcimer Celtic Music Program



WHEN: Thursday, March 17
WHERE: Sr. Center—Riverview Room
TIME: 1:00 PM



Celtic music is defined as music that originates from the countries of Ireland, Scotland and Wales. Celtic music is best described as a type of folk music with a distinctive music and lyrics. Please join the lap dulcimers as they present a 45 minute Celtic music performance. The performance is free, but please call 755-3040 to register.

Hours 8:00 am-4:30pm MARCH 2022

Janesville Senior
Activity Center
608-755-3040

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|--|---|---|--|---|-----------|
| | | | | | |
|  | 1 8:00 Pool Played All Day 8:30 Exercise 9:00 Beg. Quilting, Ceramics 9:30 Line Dance 2 10:30 Chair Yoga 12:30 Bingo 1:00 Quilting | 2 8:00 Pool Played All Day 8:30 Exercise 9:00 Ceramics 9:30 Clogging, Dominos, B.V. Band Practice, Big D Art 11:00 Canasta 1:00 Tai Chi, Mahjongg | 3 8:00 Pool Played All Day 8:30 Exercise 9:00 Woodcarvers 9:30 Line Dance 1, Sew 10:00 Cribbage 12:00 Porcelain Class 1:00 Dulcimer 2:00 Scrapbooking | 4 8:00 Pool Played All Day 8:30 Exercise 9:30 Clogging, Knitting, Chair Yoga 12:45 Euchre 1:00 Drawing & Painting, Journaling for Well-Being | 5 |
| 7 8:00 Pool Played All Day 8:30 Exercise 9:00 Woodcarvers 9:30 Clogging, Dominos, Corn Hole 11:30 500 12:00 Scrabble 12:30 Duplicate Bridge 1:00 Watercolor, Krafters Ukulele Gathering, Choristers 2:30 Water Street Band | 8 8:00 Pool Played All Day 8:30 Exercise 9:00 Beg. Quilting, Ceramics 9:30 Line Dance 2 10:30 Chair Yoga 12:30 Bingo 1:00 Quilting | 9 8:00 Pool Played All Day 8:30 Exercise 9:00 Ceramics 9:30 Clogging, Dominos, B.V. Band Practice, Big D Art 11:00 Canasta 1:00 Tai Chi, Mahjongg | 10 8:00 Pool Played All Day 8:30 Exercise 9:00 Woodcarvers 9:30 Line Dance 1, Sew 10:00 Cribbage 12:00 Porcelain Class 1:00 Dulcimer, Punch Needle | 11 8:00 Pool Played All Day 8:30 Exercise 9:30 Clogging, Knitting, Chair Yoga 12:45 Euchre 1:00 Drawing & Painting, Journaling for Well-Being | 12 |
| 14 8:00 Pool Played All Day 8:30 Exercise 9:00 Woodcarvers 9:30 Clogging, Dominos 11:00 Book Club 11:30 500 12:00 Scrabble 12:30 Duplicate Bridge 1:00 Watercolor, Krafters Ukulele Gathering, Choristers, Benefit Specialist 2:30 Water Street Band | 15 8:00 Pool Played All Day 8:30 Exercise 9:00 Beg. Quilting, Ceramic 9:30 Line Dance 2 10:30 Chair Yoga 12:30 Bingo 1:00 Quilting | 16 8:00 Pool Played All Day 8:30 Exercise 9:00 Ceramics 9:30 Clogging, Big D Art Dominos, B.V. Band Practice 11:00 Canasta 1:00 Tai Chi, Mahjongg | 17 8:00 Pool Played All Day 8:30 Exercise 9:00 Woodcarvers 9:30 Line Dance 1, Sew 10:00 Cribbage 12:00 Porcelain Class 1:00 Celtic Music 2:00 Scrapbooking | 18 8:00 Pool Played All Day 8:30 Exercise 9:30 Clogging, Knitting, Chair Yoga 12:45 Euchre 1:00 Drawing & Painting, Journaling for Well-Being | 19 |
| 21 8:00 Pool Played All Day 8:30 Exercise 9:00 Woodcarvers 9:30 Clogging, Dominos 10:30 Sr. Board Meeting 11:30 500 12:00 Scrabble 12:30 Duplicate Bridge 1:00 Watercolor, Krafters Ukulele Gathering, Choristers 2:30 Water Street Band | 22 8:00 Pool Played All Day 8:30 Exercise 9:00 Beg. Quilting, Ceramic 9:30 Line Dance 2 10:30 Chair Yoga 12:30 Bingo 1:00 Quilting | 23 8:00 Pool Played All Day 8:30 Exercise, 9:00 Ceramics 9:30 Clogging, Big D Art, Dominos, B.V. Band Practice 10:00 Footcare 11:00 Canasta 1:00 Tai Chi, Mahjongg | 24 8:00 Pool Played All Day 8:30 Exercise, 9:00 Woodcarvers 9:30 Line Dance 1, Sew 10:00 Cribbage 12:00 Porcelain Class 1:00 Dulcimer, Punch Needle | 25 8:00 Pool Played All Day 8:30 Exercise 9:30 Clogging, Knitting, Chair Yoga 10:30 Hoppy Spring Sign 12:45 Euchre 1:00 Drawing & Painting, Journaling for Well-Being | 26 |
| 28 8:00 Pool Played All Day 8:30 Exercise 9:00 Woodcarvers 9:30 Clogging, Dominos 11:30 500 12:00 Scrabble, Spouse Support 12:30 Duplicate Bridge 1:00 Watercolor, Krafters Ukulele Gathering, Choristers 2:30 Water Street Band | 29 8:00 Pool Played All Day 8:30 Exercise 9:00 Beg. Quilting, Ceramic 9:30 Line Dance 2 10:30 Chair Yoga 12:30 Bingo 1:00 Quilting 6:00 Travel Preview Utah | 30 8:00 Pool Played All Day 8:30 Exercise, 9:00 Ceramics 9:30 Clogging, Big D Art, Dominos, B.V. Band Practice 10:00 Footcare 11:00 Canasta 1:00 Tai Chi, Mahjongg | 31 8:00 Pool Played All Day 8:30 Exercise, 9:00 Woodcarvers 9:30 Line Dance 1, Sew 10:00 Cribbage 12:00 Porcelain Class 1:00 Dulcimer |  | |



Welcome to Janesville Senior Activity Center



Looking For Volunteers Who Like Working With Flowers & Gardening



We are looking for a group of volunteers or even a few individuals that enjoy taking care of plants. This spring, we are hoping to have them take on the responsibility of caring and watering for the potted plants we plan to have in our fenced in patio area. If you would like to volunteer, please call the Senior Center at 755-3040.

Hoppy Spring Sign

WHEN: Friday, March 25

WHERE: Ceramic Room

TIME: 10:30 AM

COST: \$8 Members and \$13 Non-Members

Join Linda as she teaches you how to take all of the items in the picture and turn them into this cute spring craft. Call 755-3040 if you are interested or need more information. Please pay when you register. You can take a closer look at the sign, it is on display in the curio cabinet at the Senior Center. Register by March 21.



TURN THESE

Iron
Napkin
Wood Board
Twine
Chalk Paint
Mod Podge
&
Parchment Paper

INTO THIS



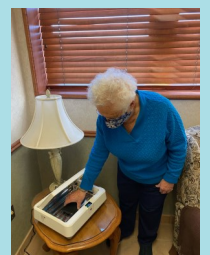
ARE YOU INTERESTED?

We have had a request to start an embroidery class. Please call 755-3040 and let us know if you are interested.



A Big Thank You to Lockncharge!

Lockncharge donated a UVone Disinfection Station to the Janesville Senior Activity Center. The UVone can be used to disinfect tablets, phones, keys, badges and so much more. We appreciate their generosity! Please feel free to ask Janet, Linda or any of the receptionists how to use it.





Welcome to Janesville Senior Activity Center

TRIP SIGN UP NOTICE:

We appreciate the early sign up that is happening for our trips. We have noticed that there are several people signing up and then cancelling when they are called for the payment reminder. When this happens it makes a lot of extra work for our volunteers at the desk.

Our policy is as follows: If you cancel twice when we call for the payment of a trip, we will request for the remainder of the year that you pay for a trip when you sign up.

MEMBERSHIP FEE

The Senior Center implements a mandatory annual membership fee of \$25 from January 1—September 30. The annual membership drops to \$18 from October 1 to December 31. This important fee helps offset the cost of operating the Center. There is an additional activity fee implemented for Line Dance. The fee is \$15 per year or \$1 per class attended. Guests of the Senior Center may participate 3 times before they must become a member. All guests must register at the front desk.

Our memberships make ideal gifts for birthdays or special occasions. Gift certificates can be purchased at the front desk.

People who are not able to pay the membership fee due to financial limitations can contact staff about getting a scholarship. Donations for scholarships are always appreciated.

REMINDER

**DAYLIGHT SAVINGS TIME BEGINS
SUNDAY, MARCH 13th**



Senior Center Thermostat Reminder

Everyone has a different comfort level when it comes to temperature. Winter is here and this is an old building and can be drafty. So, please be prepared by dressing appropriately. Consider bringing a sweater, if you are easily chilled. Thanks!



The Janesville Senior Center is part of the Dementia Friendly Community Network of Rock County.



"Like Us" On FACEBOOK

Are you familiar with Facebook? Facebook is a popular social networking website that is used by billions of people all over the world. Why not check out the Senior Center's Facebook page and while you are there "Like us." Our Facebook page is: <https://www.facebook.com/Janesville-Senior-Center-1405450869685399/>



Americans with Disabilities Act

The City of Janesville-Recreation Division complies with the Americans with Disabilities Act (ADA) which prohibits discrimination on the basis of disability. We will make reasonable accommodations to programs and services to enable participation by individuals with a disability. If a special accommodation is necessary to participate in one of our programs, please indicate on the registration form and/or contact our office at (608) 755-3040 at least one week prior to the start of a program.



JOURNALING FOR WELL-BEING

WHEN: Fridays, Starting March 4
TIME: 1—2:30 p.m.
INSTRUCTOR: JoAnn Koltyk **Notice New Start Date**

This workshop is targeted to anyone who may benefit from therapeutic aspects of journal writing. The seven week workshop will teach various writing techniques that may help participants to reduce their stress, learn to express their feelings and emotions on paper; find new ways to solve problems; discover their own creativity and wisdom from their life story; and promote well-being through the writing process. Bring paper, pen and a willingness to write. Please sign up at 755-3040 or stop down to register for this class.



TAX PREPARERS AT SENIOR CENTER IN 2022

Please bring to your appointment your last year's taxes. Information needed: W-2, 1099 and other evidence of income, health insurance premiums, rent certificate or property tax bill and other deductible expenses. There is no charge for using this service, but donations to the Janesville Senior Center are accepted. Returns will once again be electronically filed.

ALL APPOINTMENTS HAVE BEEN TAKEN FOR 2022 AND WE ARE NO LONGER TAKING APPOINTMENTS.

ADDRESS SERVICE REQUESTED

City of Janesville
Senior Activity Center
69 South Water Street
Janesville, WI 53545



SENIOR CENTER STAFF



Supervisor Janet McLean

Recreation Programmer Linda Kleven

Center Phone 755-3040

Center Hours 8:00 a.m. - 4:30 p.m. Monday- Friday

The Janesville Senior Center is a part of the City of Janesville Recreation Division. The Senior Center membership is \$25 annually. The monthly newsletter can be obtained at the Senior Center and other locations in Janesville, or a mailing subscription can be purchased for \$12 a year for home delivery. Check our website: www.janesvillewi.gov/seniorcenter.

JANESVILLE SENIOR ACTIVITY CENTER

69 SOUTH WATER STREET • JANESVILLE, WI 53545 • (608) 755-3040 • FAX: (608)755-3012



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www.janesvillewi.gov/seniorcenter



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